



NEWS RELEASE  
FOR IMMEDIATE RELEASE – JULY 27, 2010

## “36<sup>TH</sup> ANNUAL SALEM DISTANCE RUN SET FOR AUGUST 14”

The 36<sup>th</sup> Annual Salem Distance Run will be held Saturday, August 14, featuring 5k and 10k distance runs and a 3-mile “Poker Walk.” All 3 events will begin at 8am at Longwood Park.

The entry fee for the running events is \$20, while the participants in the “Poker Walk” are required to pay a \$15 fee. Registration forms for the events are available throughout the Roanoke Valley or online at [www.healthfocusswva.org](http://www.healthfocusswva.org)

Any registration forms postmarked after August 7 will require the participant to pay an additional \$5 to the entry fee. That charge also will apply to those who register the day of the event.

A picnic for participants will be held the night before the “Run” on August 13 from 5pm to 7pm at Longwood Park. Packet pick-up will be available that evening for the runners, who also are invited to stay for a hot dog, chips and a drink. A DJ and Children's Activities also will be part of the picnic festivities.

For additional information call the Parks and Recreation Department at 375-3057.

Contact:

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